

**Come See a Health Trainer at Golflinks Community Center
on 17th November 2017
from 1pm**

Golflinks Community Centre, Fleming Road, Southall, UB1 3LP



SELF CARE WEEK **NHS**
Embracing Self Care for Life

13-19 November 2017 **www.nhs.uk/selfcare**

The poster features a diverse group of cartoon characters of various ages and ethnicities standing on a large blue hand that is cupping them. The background is a solid blue color.